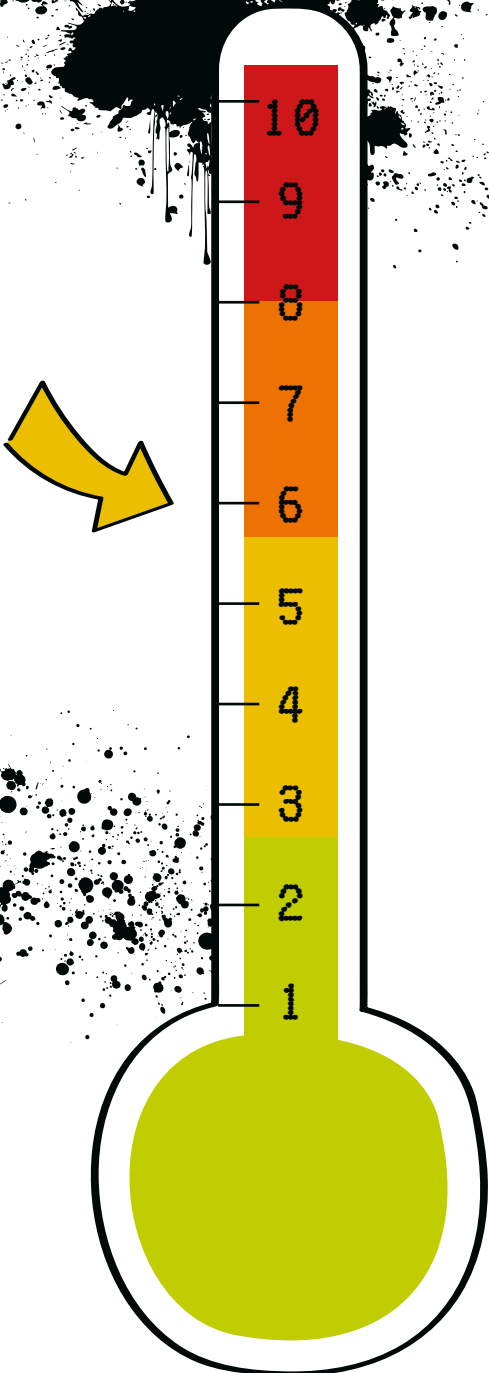


Anger Thermometer

Can you note
down what
makes you feel
angry?

1 is when you feel OK and
10 is when you are really angry



1

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2

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9

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10

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Anger Thermometer

Talk about the numbers and what they mean (1 being OK and it doesn't affect them that much, to 10 really making them feel angry).